

## SPRING 2019 PROS Schedule 🕒 Monday

	9:30-10:15	10:30-11:15	11:30-12:15	1:15-2:00	2:15-3:00
<b>3A</b>	Lounge <i>(opens at 8:30 AM)</i>	Lounge	Lounge	Lounge	Lounge
<b>3B</b>	<b>Manic Mondays:</b> Coping with Bipolar	<b>Applying Math to Everyday Life</b>	<b>Anger Management</b>	<b>I Can Cook Healthy Foods!</b>	<b>I Can Cook Healthy Foods!</b>
	Gail / CST	Brian / BLST	Tawana / CST	Bryant/ BLST	Bryant / BLST
<b>300</b>	OASAS Art Group (closed)	<b>Day to Day with Depression</b>	<b>Wellness Routines</b>		
		Melody / CST	Rose / DE		
<b>307</b>	LIBRARY	<b>Men's Addiction</b>	<b>Exploring a Career</b>	<b>Writing Club</b>	LIBRARY
		Liesl / DDE	Melody / IRPLN	Johnny W / Activity	
<b>308</b>	<b>Morning Meditation</b>	<b>Women &amp; Relationships</b>	<b>Staying Well As I Age: Wellness &amp; Recovery (50+)*</b>	<b>Parenting Skills</b>	
	Kizzy / CST	Kim & Gail / BLST	Liesl / DE	Tawana / BLST	
<b>400</b>	<b>Voices Support</b>	<b>Creative Writing I</b> [must attend both sessions]	<b>Creative Writing II</b> [must attend both sessions]	<b>Travel Training I</b>	<b>GED/TASC Math</b>
	Rebecca / CST	Vera/ Julia/ Stacy / CST	Vera/ Julia/ Stacy / CST	Emily / BLST	Aimee / Activity
<b>406</b>	<b>Key! Knowledge Empowers You [18-32]</b>	<b>Welcome to PROS</b>	<b>Wellness Self Management</b>	<b>Accessing Self Help Around You</b>	<b>Music &amp; Wellness</b>
	Stacy / WSM-DE	Isabel / EGMT	Rebecca / DE	Gail / IERSH	Gail / CST
<b>407</b>	VRC (opens at 8:30)	Vocational Resource Center	Brain Gym**	Vocational Resource Center	Vocational Resource Center
			Rhianne & Kizzy / COGREM		

**BREAKFAST 8:30-9:00 AM 🕒 LUNCH 12:30-1:00 PM**

\*CLOSED or FULL \*\*Brain Gym requires a referral and assessment

## SPRING 2019 PROS Schedule 🕒 Tuesday

	9:30-10:15	10:30-11:15	11:30-12:15	1:15-2:00	2:15-3:00
<b>3A</b>	Lounge <i>(opens at 8:30 AM)</i>	Lounge	Lounge	Lounge	Lounge
<b>3B</b>		<b>Coping with Loss</b> Stacy / CST	<b>Rooftop Gardens</b> Natalie / BLST	<b>Healthy Lifestyles</b> Jeff / BLST	<b>Peer to Peer Support</b> Gail / EGMT
<b>300</b>	<b>Living in the Moment with Art</b> Lorna / DE	<b>Divas: Young Women's Recovery</b> Emily / DE	<b>Exploring Your Senses: Mind-Body Connections</b> Lorna / DE	<b>Working Together thru Art</b> Lorna / SSDS	<b>Open Studio still Lives( 2:15-4:30)</b> Lorna / Activity
<b>307</b>	<b>Relapse Prevention Drop In</b> Gail / IRPRV	LIBRARY	<b>Exploring a Career</b> Melody / IRPLN	<i>Closed for Clinic Drama Group</i>	LIBRARY
<b>308</b>	<b>Memory for the Workplace</b> Natalie / COGREM	<b>Steps to Housing</b> Tawana / IRGA	<b>Sleep Hygiene</b> Brian / BLST	<b>Laughter for Health</b> Rebecca / WSM-CST	<b>Leap of Faith</b> Arthur R / Activity
<b>400</b>	<b>Getting by with Barriers</b> Liesl / PSST	<b>Emotional Eating</b> Natalie / CST	<b>Mindfulness &amp; DBT Skills</b> Emily / CST	<b>Building Social Skills thru Activities</b> Tawana / BLST	<b>Spirituality in Recovery</b> Tawana / CST
<b>406</b>	<b>Money! Budgeting &amp; Beyond</b> Brian / BFM	<b>Step Up, Step Out, Volunteer!</b> Kristi & Gail CLE	<b>Step Up, Step Out, Volunteer!</b> Kristi & Gail CLE		
<b>407</b>	VRC <i>(opens at 8:30)</i>		<b>Brain Gym**</b> Rhianne & Kizzy / COGREM	<b>Stress Relief thru Creativity</b> Gail / CST	Vocational Resource Center

**BREAKFAST 8:00-9:00 AM 🕒 LUNCH 12:30-1:00 PM**

**CARE COORDINATION - 1ST TUESDAY OF THE MONTH AT 1:00 IN 3A 🕒 SING FOR HOPE - 3RD TUESDAY OF THE MONTH AT 2:00 IN 3A**

\*CLOSED or FULL \*\* Brain Gym requires a referral and assessment

## SPRING 2019 PROS Schedule 🕒 Wednesday

	9:30-10:15	10:30-11:15	11:30-12:15	1:15-2:00	2:15-3:00
<b>3A</b>	Lounge <small>(opens at 8:30 AM)</small>	Lounge	Lounge	Lounge	Lounge
<b>3B</b>	<b>The Benefits of Working</b>	<b>"I Can Do It!" Community Inclusion &amp; Feeling Whole</b>	<b>Connecting People Together</b>	<b>Thinking About College</b>	<b>Thinking About College</b>
	<small>Kristi / BFM</small>	<small>Liesl / BLST</small>	<small>Kim O / Activity</small>	<small>Betty &amp; Kristi / CLE</small>	<small>Betty &amp; Kristi / CLE</small>
<b>300</b>	<b>Stress Less thru Art</b>	<b>Personifying Voices Through Art</b>	<b>Developing Awareness thru Art</b>	<b>Cooking with Creativity</b>	<b>Open Studio Landscaping (2:15-4:30)</b>
	<small>Lorna / CST</small>	<small>Lorna / CST</small>	<small>Lorna / WSM-CST</small>	<small>Lorna / BLST</small>	<small>Lorna / Activity</small>
<b>307</b>	<i>LIBRARY</i>	<b>Book Club</b>	<b>Drama Games for Everyday Life</b>	<b>Can You Hear Me Now?</b> Emily / CCT	<i>LIBRARY</i>
		<small>Rhianne / CST</small>	<small>Jeff / WSM-CST</small>		
<b>308</b>	<b>Relapse Prevention Drop In</b>	<b>Sexual Wellness [women]</b>	<b>Assertiveness Training</b>	<b>Setting &amp; Maintaining Boundaries*</b>	<b>Managing my Daily Schedule</b>
	<small>Brian / IRPRV</small>	<small>Rose / BLST</small>	<small>Tawana / BLST</small>	<small>Rebecca / BLST</small>	<small>Emily / BLST</small>
<b>400</b>	<b>Going for the Goal! Goal Setting for Getting Back on Track*</b>	<b>Stress Relief Through Yoga</b>	<b>Self-Expression Through Drama</b>	<b>Travel Training II</b>	
	<small>Kizzy / IRPLN</small>	<small>Nikki &amp; Kizzy / WSM-CST</small>	<small>Kathryn &amp; Rebecca / CST</small>	<small>Tawana / BLST</small>	
<b>406</b>	<b>Symptoms &amp; Schizophrenia</b>	<b>Healthy Lifestyles</b>	<b>Poetry Corner</b>	<b>12 Steps to Managing Anxiety</b>	
	<small>Rebecca / WSM-CST</small>	<small>Jeff / BLST</small>	<small>Rose / WSM-CST</small>	<small>Brian / CST</small>	
<b>407</b>	<i>Vocational Resource Center</i>	<b>Power! Who Holds it?</b>	<b>Brain Gym**</b>	<b>Overcoming Addiction thru Art(All Stages)</b>	<i>Vocational Resource Center</i>
		<small>Melody / DE</small>	<small>Rhianne/ Kizzy / COGREM</small>	<small>Rose / IDDT</small>	

**BREAKFAST 8:30-9:00 AM 🕒 LUNCH 12:30-1:00 PM**

**COMMUNITY MEETING - 1ST WEDNESDAY OF EVERY MONTH AT 10:15 IN THE CAFETERIA**

\*CLOSED or FULL \*\*Brain Gym requires a referral and assessment

## SPRING 2019 PROS Schedule 🕒 Thursday

	9:30-10:15	10:30-11:15	11:30-12:15	1:15-2:00	2:15-3:00
<b>3A</b>	Lounge (opens at 8:30 AM)	Lounge	Lounge	Lounge	Lounge
<b>3B</b>	Writing to Wellness Through Journaling Gail / WSM-CST	Managing Social Anxiety Kizzy/ CST	Stress Management Brian / WSM-CCT	Women's Supporting Recovery Kizzy / WSM-CST	
<b>300</b>	PROS Newsletter Betty / SSDS	Meet the Artist Lorna / DE	Cultural Awareness thru Art Lorna / DE	Photo Voice: Processing Stigma Betty & Lorna / WSM-CST	<i>Open Art - Portfolio Development</i> Lorna / Activity
<b>307</b>	<i>Addictions Support</i> Luthor / Activity	Supporting Recovery Brian / CST	<i>Spanish 101</i> Denise P / Activity	Spirituality & You Tawana / WSM-CST	LIBRARY
<b>308</b>	WRAP for Recovery Kizzy/ RPP	The Art of Small Talk Liesl / BLST	Assertiveness Training Rebecca / BLST	<i>Self Esteem from Within [women]</i> Sara / Activity	From the Garden to the Kitchen Natalie / BLST
<b>400</b>	Home Management for Independent Living Bryant / BLST	Executive Functioning: Getting Things Done Kristi & Rhianne / BLST	Executive Functioning: Getting Things Done Kristi & Rhianne / BLST		Mental Health & the Media Gail / WSM-DE
<b>406</b>	Job Performance Kristi / PSST	The World of Work I Natalie & Melody / CLE	The World of Work II Natalie & Melody / CLE	A Peer is Here Gail / EGMT	Relapse Prevention Drop In Brian / IRPRV
<b>407</b>	VRC (opens at 8:30)	Building Relationships in an Online World Theresa / BLST	<i>Client Rep</i> Gail/ Activity	Trauma Informed Recovery Emily/ CCT	<i>Vocational Resource Center</i>

**BREAKFAST 8:30-9:00 AM 🕒 LUNCH 12:30-1:00 PM**

\*CLOSED or FULL \*\*Sexuality & Health Part 2 is for participants who were in the Summer/Fall section

## SPRING 2019 PROS Schedule 🕒 Friday

	<b>9:30-10:15</b>	<b>10:30-11:15</b>	<b>11:30-12:15</b>	<b>1:15-2:00</b>	<b>2:15-3:00</b>
<b>3A</b>	Lounge <small>(opens at 8:30 AM)</small>	Lounge	Lounge	Lounge	Lounge
<b>3B</b>	<b>Preventing Weekend Relapse</b> <small>Melody / RPP</small>	<b>Self-Care 101</b> <small>Theresa / BLST</small>	<b>Weekend High</b> <small>Kristi / IDDT</small>		
<b>300</b>	OASAS Art Group (closed)		<b>Weekend Blues</b> <small>Tawana / CST</small>	<b>Conflict Resolution in the Workplace</b> <small>Liesl / PSST</small>	
<b>307</b>	LIBRARY (opens at 8:30)	<b>TASC / GED English</b> <small>Roselia / Activity</small>		LIBRARY	LIBRARY
<b>308</b>	<b>Everyone Has a Story</b> <small>Tawana / CST</small>	<b>Advocacy Planning</b> <small>Emily &amp; Melody / SSDS</small>			
<b>400</b>	<b>Morning Meditation</b> <small>Rebecca / CST</small>	<b>Dating Do's &amp; Dont's</b> <small>Rebecca / BLST</small>	<b>Managing Your Anxiety</b> <small>Rhianne / CST</small>		
<b>406</b>	<b>Find Your Dream Job!</b> <small>Kristi / BLST</small>	<b>Show Me the Money! Benefits &amp; the Workplace</b> <small>Brian / BFM</small>	<b>Family Matters</b> <small>Brian / BLST</small>		
<b>407</b>	VRC (opens at 8:30)	<b>Feeling Engaged in Your Recovery</b> <small>Karolina / Activity</small>	<b>Feeling Engaged in Your Recovery</b> <small>Karolina / Activity</small>	Vocational Resource Center	Vocational Resource Center

**BREAKFAST 8:30-9:00 AM 🕒 LUNCH 12:30-1:00 PM**

\*CLOSED or FULL